



3- Inspection



8- Gators!!!

Ship Support Complex (Phase 1) completed at CFAS

Grant Sattler
U.S. Army Public Affairs

Completion of Ship Support Complex (Phase 1) is a key step in improving the capability of Fleet Activities, Sasebo (CFAS). First nominated for use by the modernizing Japanese Imperial Navy by Lt. Cmdr. [later Admiral] Heihachiro Togo in 1883, Sasebo Harbor remains a vital location for the Japan Maritime Self-Defense Force and the U.S. Navy.

Brief Notes

Paving work is being performed on California Drive in the Hirase Area of Main Base until June 18.

The first section under construction will be from the Harbor View Club to Bldg. 100, Operations Department Building. This area will be under construction for three weeks, followed by three weeks of work from Bldg. 100 to the Government Vehicle Fuel Station.

These areas under construction will be reduced to one lane traffic each working day from 8 a.m. to 5 p.m. For further information regarding this paving work, contact ROICC at 252-3469.

The University of Phoenix is hiring soon and needs your resume! Full time position offered with benefits. The university offers employees masters level classes for free! Must be able to multi-task and have strong interpersonal and communication skills, be able to give presentations to small groups. Basic computer skills required and sales, customer service or marketing experience preferred.

Please mail, fax or bring in your resume by May 19 to Kim Arthur at 252-3044 or fax 252-3043. You can bring your resume by our office at the Community and Education Center, first floor from 7:30 a.m. -4 p.m. Monday-Friday.

USO Notes

Oriental Deco Furniture and **Michelle Jewelry** vendors will be available at Dragon Vale Housing's Dragon Crest Building Friday (3 p.m. - 7 p.m.), Saturday (9 a.m. - 7 p.m.) and Sunday (10 a.m. - 4 p.m.). For more information, contact the USO at 252-3959.

With completion of Phase 1 in April 2005, the four - story 126,435 square foot Ship Support Complex is a lynchpin of the Tategami Peninsula development plan for CFAS. Built by the Government of Japan under the Japan Facilities Improvement Program, the complex houses industrial shops, office and administrative areas, training facilities and classrooms, and includes rooftop parking.

"This facility will allow Sasebo to better compliment the capabilities at Ship Repair Facility (SRF) Yokosuka," said John Zambrano, Sasebo Project Engineer with the U.S. Army Corps of Engineers Japan Engineer District. The new building houses multiple tenants, bringing together units responsible for ship repair, maintenance scheduling and maintenance training into a combined facility. Moving into the new building are Amphibious Group One Task Force 76, Ship Repair Facility and Japan Regional Maintenance Center, Detachment



The new Ship Support Complex houses multiple tenants, bringing together units responsible for ship repair, maintenance scheduling, and maintenance training into a combined facility. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Capt. Alan Moore, deputy commander, Amphibious Group One, dual-hatted as surface maintenance officer, said collocation will be a primary benefit of the new facility that replaces a number of structures built in the 1920s.

"All of us in one building will help

According to Moore, the SRF Detachment Sasebo will see immediate benefit from the new facility.

Facility Manager Charles Fulkerson agreed.

"This facility lets us bring our whole shop into one area," said Fulkerson. "Where now we've got three barges, plus an operation adjacent to Dry Dock Two, about three or four kilometers away, here we've got a good central location."

Cdr. Paul Macri, Officer In Charge, SRF, Det. Sasebo, said the new building will boost his unit's productivity.

"Several operations have to go from one barge to another for completion," said Macri. "Now those operations will just move within one building. That will be a much simpler task, thanks to seven bridge cranes that traverse on rails over the shop areas."

Involved initially in 1995 with plans for the Ship Support Complex, Fulkerson credited SRF Yokosuka Code 350A shop superintendent Hiromu Oomori and CNFJ Regional Base Development and Real Estate Business Line Coordinator Wesley Ishizu, with making the facility right for SRF, Det. Sasebo.

"If a guy owned a small company, this is what he'd want," said Fulkerson. "I'm really, really happy with this place."

A \$1 million purchase arranged by SRF, Yokosuka for industrial plant equipment – lathes, milling machines, drill presses, welding machines, etc. – will ensure SRF, Det. Sasebo can accomplish its goal of

Please see **Complex**, Pg. 6



The Ship Support Complex Group Master (left), Production Officer (middle), and the Facilities Manager discuss the process that the Demineralizer uses in order to make Grade A water in the new Maintenance and Training Facility building aboard Fleet Activities Sasebo (CFAS). (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Sasebo, the Afloat Training Group Western Pacific Detachment, Fleet and Industrial Support Center, Commander Logistics Western Pacific Detachment, and Systems Test and Analysis Equipment Group.

interaction between the TF 76 staff, the ships and repair on the waterfront," said Moore. "This is step one, heading toward the vision of this peninsula truly being all things required for ship support."

Main Base Power Outage

On **Sunday, May 15**, there will be a power outage throughout Main Base for annual maintenance to the power substation. Power will be **secured by 8 a.m. and restored by 3:30 p.m.** The following areas will be affected:

- All ships berthed in India Basin, Juliet Basin, Small Craft Berthing Pier, Dry Dock #2 and JMSDF Piers.
- All residential areas such as Main Base Housing Units, BOH/BEH and Navy Lodge.
- All food service areas such as Harbor View Club, Shogun Cafe, Galaxies, Bayside Food Court and McDonald's.
- The Mini Mart remain open, but will not pump gas. All religious services will be conducted as scheduled. All other Main Base facilities will be closed.

For more information, contact T. Tokunaga at 252-3484

DUI Counter:
19 days as of May 13

DoD warns about insurance, investment rip-offs

Rudi Williams
American Forces Press Service

Defense Department officials are working to thwart insurance and investment marketing practices that exploit military personnel.

Congress raised concerns last fall after press reports documented abusive insurance and investment sales practices at some military installations, including Camp Pendleton, Calif. and Fort Benning, Ga. This caused the DoD to step up its efforts to improve oversight and enforcement of policies.

"You really have to be a little bit skeptical if somebody says if you invest a little bit of money with us today, you'll have a great deal of money tomorrow," warned Air Force Col. Michael A. Pachuta, DoD's director of Morale, Welfare and Recreation policy. "You should shop [for investment opportunities] like you would for anything else. Don't buy the first thing that comes along. Make some comparisons.

Brand-new service members are sometimes enticed to go off base to what they think are investment seminars that end up being insurance sales pitches," said Pachuta.

"Unfortunately, our policies don't apply off the installation," he continued. "So, we have to rely on financial education, which we've tried to improve at the first basic-training opportunities with our new service members."

Pachuta recommended that troops ensure there are no combat-exclusion clauses in life insurance that they buy.

"We're going to be in harm's way, and it doesn't make any sense to have a policy that won't cover those kinds of events," Pachuta noted.

He encourages servicemembers to seek counseling and advice for financial matters through base family support centers and legal offices.

Service members should be on the lookout, according to Pachuta, for such things as something presented as a savings plan with an insurance component to it. That's a red flag, he said, adding that before buying insurance, servicemembers should compare what the premium would be for a rate of coverage compared to the rate for the same amount

of coverage through the Servicemen's Group Life Insurance (SGLI) program.

About 96 percent of servicemembers have SGLI, and 92 percent of them have opted for the full SGLI coverage of \$250,000. More than 160,000 service members have military pay allotments for supplemental commercial life insurance. The premiums they pay total more than \$190 million per year, according to DoD statistics.

"SGLI, to a large extent, especially for single service members who have no dependents, should fulfill most of their insurance needs," said Pachuta. "However, a lot of times, our

young service members are looking at putting away some money. And some of these insurance sales pitches are disguised as savings plans, although there's an insurance aspect to it that wasn't explained clearly when they signed up."

Pachuta suggests that service members who want to open a savings account should consider the Thrift Savings Plan (TSP).

"It's a tax-deferred plan, and there are not many investments, other than tax-free bonds, that have the same kind of advantages that TSP has," he said.

DoD officials are rewriting parts of the department's commercial-solicitation policy to enhance enforcement. This includes a requirement for installations that detect policy violations to report them to their service headquarters, and from there to DoD. The aim is to keep a record of violations and have it available for installations to check when a new insurance agent wants to do business on the installation.

Pachuta said there are 14 prohibited practices in DoD's commercial-solicitation directive, such as soliciting without an appointment, soliciting door-to-door, and soliciting individuals during duty hours at their work places.

"Those are the kinds of policies that limit where, when and how an insurance or investment solicitor can make contact and solicit someone on the installation," he said. "We've also been concerned about agents having access to allotment forms and having them there for the service member to sign on the spot. And even the agent taking those forms to finance to get them processed.

"We think that really steps over the line," Pachuta noted. "Pay is a personal decision that a member has to make, and they need to be the one to process any kind of allotment for an investment or insurance that goes through the military pay system."

According to Pachuta, financial education is the key to stopping service members from being ripped off by unscrupulous insurance agents and

Please see Insurance, Pg. 4



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Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
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JO2 James Kimber *Task Force 76 Public Affairs*

Sixteen Sailors and a Marine from Task Force 76 were among the honorees at a dinner banquet May 7 to honor the Sailors, Marines and Bluejackets of the Year assigned to the commands supporting the largest U.S. fuel depot in the Pacific and the operating port for the Navy's only forward-deployed amphibious force.

Among the honorees were Marine Sgt. Matthew J. Simon, the Forward Deployed Amphibious Ready Group Marine Non-Commissioned Officer of the Year, who was the first Marine from the forward-deployed amphibious force to attend the annual banquet.

Rear Admiral Victor G. Guillory, commander, Amphibious Force U.S. Seventh Fleet, and a guest speaker at the event, said a Sailor or Marine who is awarded his command's Sailor/Marine of the Year must first be a "true shipmate."

"A 'true shipmate' is a shipmate who

is ready to help out his fellow Sailors anytime, anywhere,'" said Guillory. "He is a shipmate who ensures his fellow Sailor or Marine always has a friend they can count upon—someone to motivate them to greater achievements and be there for them in times of darkness. As I look at our Sailors of the Year from each command, I am pleased to see that they

embrace all of these characteristics and rose above their peers as guiding lights, whose leadership skills and superior performance set them apart from the rest."

Operations Specialist First Class (SW) Michael E. Myers, USS Fort McHenry (LSD 43) Senior

Sailor of the Year, appreciated the community's recognition of the hard work and dedication from the leading Sailors and Marines of Sasebo.

"It's just amazing how the Sasebo base community is so close-knit," said Myers. "I am very impressed with how the base

community can come together and put on a beautiful banquet to recognize the efforts of the finest Sailors and Marines Sasebo has to offer."

Most of the Sailors invited to the banquet were actually awarded their command's Sailor or Marine of the Year in January or February this year. However, because many of these Sailors and Marines were deployed in support of Operations Iraqi Freedom, Enduring Freedom and Unified Assistance for much of this year, the banquet was postponed



for the Forward Deployed Amphibious Ready Group's return.

Juneau embraces challenges of major repair period

Lt. j.g. Heath Alvarez
USS Juneau (LPD 10) Public Affairs

Four weeks after her return from an eight-month deployment in the North Arabian Gulf, USS Juneau (LPD 10) is amidst a six-week Selected Restricted Availability (SRA). The SRA is an opportunity for the ship to effect much-needed repairs and equipment overhauls that only through the extraordinary efforts of the ship's crew have held up so remarkably well under Juneau's incredibly high operational tempo the past few years. Originally scheduled for Summer 2004, Juneau's current repair period was cut short last year because of the ship's surge deployment to the 5th Fleet Area of Responsibility. "Nearly 500 contracted jobs as well as around 500 ship's force jobs went undone last year," said Angel Ambito, Juneau port engineer. "Many of those jobs are going to be revisited, in addition to tackling the new jobs brought on by the last deployment. This year, there are more than 900 contracted jobs to complete at the cost of \$12 million." Even though the extensive repair work has caused air conditioning, running water and sewage to be shut down temporarily, the ship's condition doesn't mean critical training and the other aspects of the lives of the ship's crew come to a stop. Many

Sailors are even enjoying a bit of post-deployment leave. Indeed, balancing school, leave, and shipyard work during an SRA can be quite a challenge. "Trying to plan daily events such as meals or work lists can be an arduous task, so you have to be flexible," acknowledged Culinary Specialist Second Class (SW) Rodney Stokes. Machinist's Mate First Class (SW) John Raymer was equally philosophical. "SRA has been a chaotic madhouse with all of the needed work going on. However, we're getting a lot of updated equipment installed that will help the ship in the long run." Juneau's Sailors and their Japanese shipyard-worker counterparts have just over one month until the scheduled end of the SRA. Even most junior members believe the maintenance team can achieve this deadline. "An incredible amount of work is being done. The (Japanese contractors) are working very hard, as are the Sailors. When it is all said and done, we'll have this ship in tip top shape and it'll be looking outstanding."



USS Juneau (LPD 10) is amidst a six-week Selected Restricted Availability (SRA). The SRA affords the crew an opportunity to effect much-needed repairs and equipment overhauls. (Released by CFAS Public Affairs)

Waldusky added, "The work is hard and the days seem to go on forever, but the ship is really starting to look good where jobs have been completed. I'm sure the whole ship will look great when the SRA is finished," said Machinist Mate Third Class Larry Seefeldt. Juneau Commanding Officer, Capt.

Ron Horton, summarized the SRA by saying, "The most positive aspect of this SRA is the teamwork in evidence between the Japanese and the Americans. One can't help but be inspired by the Japanese organizational skills and hard work ethic. It's exciting to see Juneau's crew working alongside their Japanese hosts to accomplish these enormous jobs and my Sailors continue to rise to the occasion on a daily basis, said Horton." "Although she's been in commission for 36 years, Juneau is, to me, just like one of those classic cars a person sees at an auto show – it may be old, but it can still shine like a diamond and purr like a kitten, said Horton. After all, who in his or her right mind would turn down a cherry 1969 Ford Mustang or Chevrolet Corvette? That will always be my vision for Juneau: a classic." USS Juneau is part of the Forward Deployed Amphibious Ready Group, operating out of Sasebo, Japan and is the Navy's only forward deployed amphibious transport dock.

Dressed to impress: CFAS Sailors participate in seasonal uniform inspection



Soundings would like to congratulate the following Sailors who received grades of 'Outstanding' during Fleet Activities Sasebo (CFAS's) seasonal uniform change Dress Whites inspection May 6 at the Community and Education Center:

EA1 (SCW) Schuhart	SH1 (SW) Tacan
MASN Garrett	MASA Tyner

Clockwise from top left: The Commander, Fleet Activities Sasebo (CFAS) inspects the assistant public works officer, A Master-At-Arms First Class stands ready for inspection, the ordinance officer walks between ranks of CFAS Security personnel, and a senior chief Boatswain's Mate gets inspected by the commanding officer. (Official U.S. Navy Photos by JOSN Jeff Johnstone)



Fort McHenry holds change of command ceremony

Journalist Third Class David J. Ham
USS Fort McHenry (LSD 43) Public Affairs

Cmdr. Michael T. Talaga relieved Cmdr. Mark E. Weber at a change-of-command ceremony aboard USS Fort McHenry's (LSD 43) flight deck May 6.

Weber, a Cumming, Ga., native, assumed command of the forward-deployed amphibious dock landing ship Aug. 4, 2003.

During Weber's tenure as ship's captain, Fort McHenry participated in numerous joint and combined exercises

effort following the Dec. 26, 2004, tsunami in Southeast Asia. During OUA, Fort McHenry delivered more than 1 million pounds of relief supplies to tsunami victims and hosted former presidents Bill Clinton and George H. W. Bush.

"Words cannot express the esteem and gratitude I have for my crew," said Weber. "Nor can I thank them enough for making my command tour the highlight of my career. I am forever indebted and thankful for their tireless dedication, unwavering support, and professional



USS Fort McHenry's (LSD 43) commanding officer (center), salutes the Commander, Amphibious Task Force 76 at a change of command ceremony aboard the forward-deployed amphibious dock landing ship in Sasebo, Japan, May 6. The commander on the left relieved him at the ceremony. (Official U.S. Navy Photo by Journalist Third Class David J. Ham)

and operations throughout the Pacific region including Balikitan, Foal Eagle and the 60th Commemoration of the Battle of Iwo Jima. Fort McHenry also played a major role in Operation Unified Assistance (OUA), the humanitarian relief

performance of duties."

Weber will be heading to the Industrial College of the Armed Forces in Washington D.C.

Talaga, a Michigan City, Ind., native and 18-year naval veteran, comes from

Insurance, from Pg. 2

companies.

"The department kicked off a financial-readiness campaign about a year and a half ago with 28 federal and nonprofit private organizations that specialize in financial education, such as the Securities and Exchange Commission, Department of Treasury and National Association of Securities Dealers," said Pachuta. "These are large, reputable organizations that have good information. They have great Web sites, great training tools, and they provided us information we can use in our financial-education programs.

According to Pachuta, DoD policies apply to any military or civilian employees as long as the transaction takes place on a military installation.

"That has been the problem. Some people have been enticed to go off the installation to carry out these business agreements. So we're interested in working with the federal and state regulatory agencies to broaden our oversight," said Pachuta."

He pointed out that DoD policies cover insurance and investment

agents who operate overseas, as well. The companies have to apply to DoD each year for permission to operate on U.S. military installations overseas.

Pachuta said he'd like to hear from individuals who have been taken advantage of by such unscrupulous practices. People can send comments to him at <Michael.Pachuta@osd.mil> no later than June 20.

Pachuta recommends that anyone who has a problem with an insurance product contact the appropriate state regulatory agency.

"They're the ones that have a strong hammer if there has been a legal or ethical violation," he said.

The Securities and Exchange Commission or the National Association of Securities Dealers are oversight bodies for investment products.

"So if someone feels they've been taken advantage of in the financial-investment arena, those are the agencies they should contact," said Pachuta.

"The problems we've become aware of have been primarily in training environments," said Pachuta.

Regional Support Organization in San Diego, where he served as chief staff officer.

Talaga has extensive knowledge of the amphibious Navy having served aboard USS Anchorage (LSD 36) twice, including a tour as executive officer, and as operations officer aboard USS Peleliu (LHA 5) during Operation Enduring Freedom.

"I am thrilled to be given the opportunity to command a ship that has built such a great reputation. The crew's performance in recent

months responding to real world events speaks for itself. (My wife and I) have been welcomed with open arms and are anxious to get started and become a part of the Fort Mac and Sasebo family."

Fort McHenry is one of the Navy's two forward-deployed amphibious dock landing ships operating out of Sasebo, Japan, and is a part of Amphibious Force Seventh Fleet.



New CO addresses the crew...



The Commander, Fleet Activities Sasebo (CFAS) addresses Sailors on May 6 following the seasonal uniform inspection. Payne stated the importance of pursuing education, maintaining good relations with the host nation of Japan and active involvement in the community. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

ACU 5 completes Craft Readiness Evaluation at Sakibe Naval Facility

JO2 James Kimber
Task Force 76 Public Affairs

Assault Craft Unit Five Detachment Western Pacific (ACU 5-DETPAC) completed the annual Craft Readiness Evaluation (CRE) May 5 at Sakibe Naval Facility.

According to Chief Warrant Officer Curtis D. Maxwell, ACU 5 officer-in-charge and command Boatswain, CRE is an annual, extensive inspection of Landing Craft, Air Cushions (LCACs) to determine overall material readiness for future amphibious operations and exercises.

Inspectors and technicians from ACU 5's parent command in San Diego check the forward-deployed detachment's LCAC engine maintenance and safety procedures among various proficiencies to help determine overall readiness.

"Our detachment will take the engines off of the craft and disassemble every

piece to ensure each piece meets the tolerance needed for a gas turbine engine," said Maxwell. "If anything is found to be broken or below standard, that piece will be replaced.

"CRE not only exposes problems we would otherwise not notice, (the evaluation) can save someone's life," Maxwell said. "This isn't a pass-or-fail inspection. This is a life-or-death inspection."

Assault Craft Unit Five Detachment Western Pacific is the Navy's only forward-deployed Landing Craft, Air Cushion detachment and operates out of Sasebo, Japan. ACU 5 embarks the ships of the Forward Deployed Amphibious Ready Group in support of amphibious operations and exercises.

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9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

‘Operation Thin Mint’

Singapore Girls Scout troops ‘deploy’ to USS Safeguard



(Top) Girl Scouts and Brownies from two troops in Singapore pass Girl Scout cookie boxes up the brow of the rescue and salvage ship USS Safeguard (ARS 50) as part of Operation Thin Mint. The Scouts delivered the cookies to bring a taste of home the Sailors while deployed. Enough cookies were delivered for each member of the crew to have his or her own box. Commander Logistics Group Western Pacific (CLWP), located in Singapore, is coordinating the distribution of more than 40,000 boxes of Girl Scout cookies to deployed Sailors and Marines throughout the 7th Fleet area of operation. (Official U.S. Navy Photo by JO2 Kathryn Whittenberger)

Complex, from Pg. 6

work is sent off the installation, while SRF, Det. Sasebo handles the remainder and maintains the capability for expedited work, Fulkerson said.

Much of the new equipment will be Japanese, better suited to the organization’s Japanese workforce, Macri said. SRF, Det. Sasebo has a dozen U.S. Civil Service workers, and an equal number of Sailors, but the majority of workers, about 230, are Japanese.

In addition to getting its shops off the barges and installing modernized equipment and a single tool room, SRF, Det. Sasebo also expects to gain other efficiencies. “A lot of our workers are multi-track,” Fulkerson said. “For example, our welders can work on pipe, or plate. Once we’re collocated it will be a lot easier to swing them to the work.”

The placement of the Ship Support Complex on the Tategami Peninsula in the center of CFAS is ideal, Macri said. “We’ll be able to put ships on both sides,” he said. “Instead of having shops all over the basin, we’ll now save a lot of time lost in transit before.”

The Ship Support Complex includes specialized rooms, such as an instrument calibration laboratory with controlled temperature and humidity and an oxygen clean room with overpressure for repair

of breathable O₂ system components. The building has its own emergency generator with fuel room and a cleaning area built into the floor, connected to its own wastewater treatment plant that will save on disposal costs. “Environmentally this is the latest,” Fulkerson said. “Eighty percent of our wastewater can be disposed of once it’s treated, but if you just use a tank, you have to pay for the whole thing. The average cost for waste water disposal is 41 cents per liter.”

Upper floor administrative, office, and classroom spaces incorporate raised floors in the design for variable configurations and routing of phone connections, local area network, and other connections, Fulkerson said.

Moore said having various tenants on a single floor will improve working relationships. “It will be ‘step over to the office next door’ functionality,” he said. The Afloat Training Group Wet Trainer Facility will allow Sailors to learn to make underway repairs in a realistic environment. It includes shower and locker facilities.

Phase 2 of the Ship Support Complex will add warehousing and administrative space for the Integrated Logistics Operations Detachment and two levels of rooftop parking. Construction of Phase 2 is projected for 2007.

Safety Corner: Motorcycles and sharing the road safely

Charles Carr
CFAS Safety Department

The Motorcycle Safety Foundation (MSF) promotes motorist awareness and sharing the road with motorcyclists. Motorist awareness is an important component of the National Highway Traffic Safety Administration’s motorcycle safety program.

Over two-thirds of fatal motorcycle crashes involve a motorcycle and another vehicle. The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists. A motorist and a motorcyclist may take different actions for the same driving or highway situation.

For example, a motorist may ignore a piece of road debris; however, that same piece of road debris may be deadly to a motorcyclist. Whether you’re riding on two, four or eighteen wheels, you can help reduce the accident rate by being alert to your surroundings. The advice may be especially helpful in cutting down the number of annual motorcycle accidents.

Motorists, particularly those who have not driven motorcycles, are sometimes not looking for motorcycles in traffic. As a result, cars and motorcycles often have collisions on the road. Drivers involved in crashes with motorcyclists often say they never saw the bike.

The MSF encourages car drivers and others to watch for motorcycles on the road and respect their right to be there. MSF urges motorcyclists to “Support Our Sport” by following traffic laws and respecting the rights of other roadway users. The MSF offers these safety tips to motorcyclists:

- Wear appropriate protective gear - a Department of Transportation (DOT) minimum ¾ coverage helmet JIS (Safety goods S), eye protection (face shield or shatterproof goggles (no glasses)), highly visible clothing, long sleeve shirt or jacket, full-fingers gloves, long pants, international orange or lime green colored reflective vest and sturdy over-the-ankle boots. Know your skill level and ride within it. Use the SEE strategy - Search, Evaluate, Execute. SEE helps riders understand traffic situations and plan and implement a course of action to avoid trouble.
- A motorcycle’s lane position can communicate a rider’s presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic. A rider can increase their visibility with bright colors or reflective gear and signaling all intentions to other drivers. MSF teaches motorcyclists to use their “Rider Radar” to scan for hazards ahead.
- Alcohol and other drugs (prescription, over the counter or otherwise) diminish visual capabilities and alter good judgment. When someone is impaired, it is the responsibility of others to keep that person from getting behind the wheel-or the handlebars.
- You must have completed a Motorcycle Safety Foundation (MSF), Motorcycle Safety Course within the last three years as outlined in OPNAVINST 5100.12 series.
- Call CFAS Safety (252-3903) to find out when the next Basic Rider Course (BRC) or Experienced Rider Course (ERC) is available.

Getting a handle(bar) on safe riding...



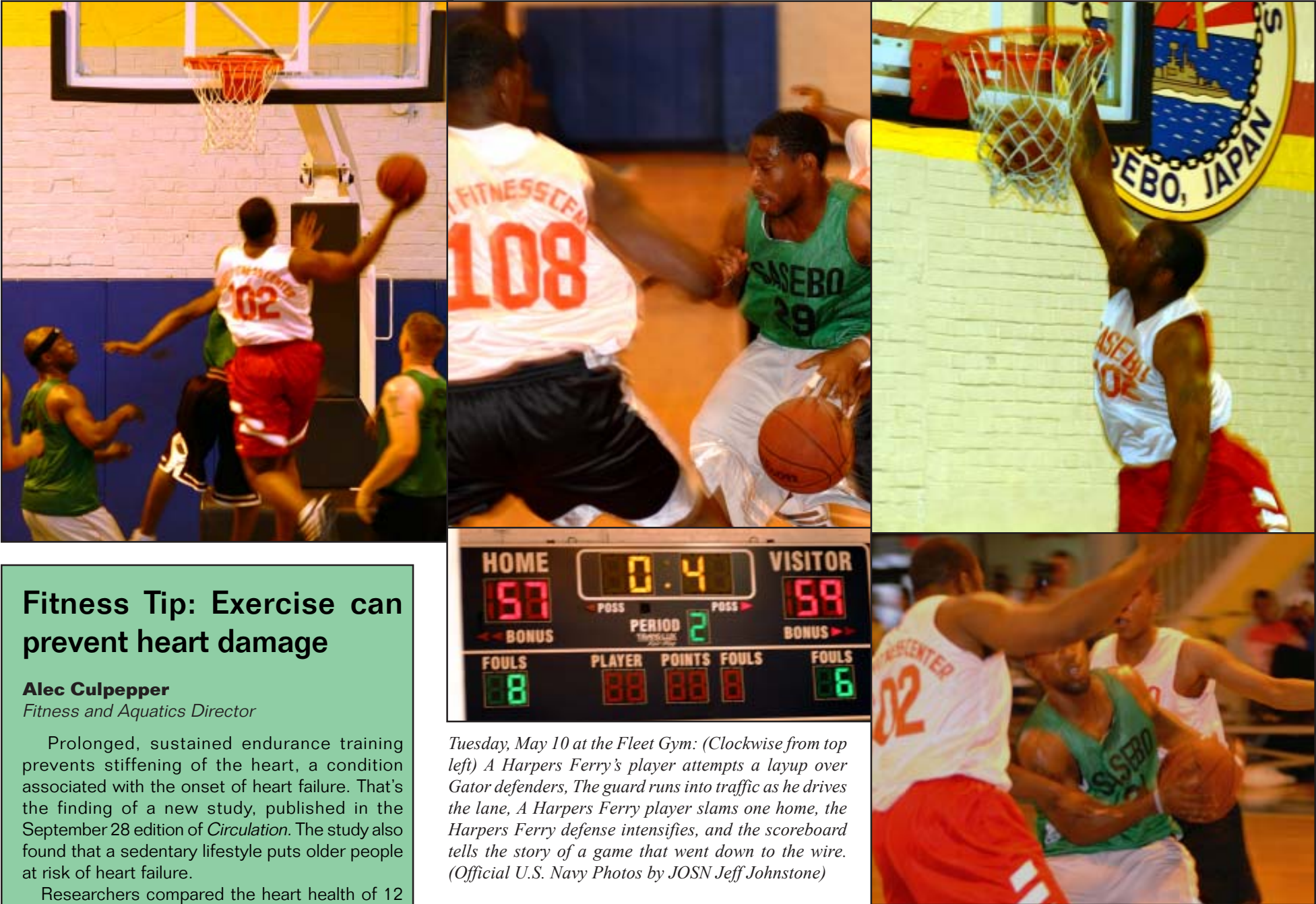
An area police motorcycle patrolman shares tips on proper braking distances and technique with a motorcycle enthusiast from Sasebo Naval Base at the Akasaki Fuel Terminal during a motorcycle demonstration and class held there May 11. (Released by CFAS Public Affairs)



Fleet Gym 252-3588

Hario Gym 252-8691

Gator brawl: Gators take down Harpers Ferry, 59-58



Fitness Tip: Exercise can prevent heart damage

Alec Culpepper
Fitness and Aquatics Director

Prolonged, sustained endurance training prevents stiffening of the heart, a condition associated with the onset of heart failure. That's the finding of a new study, published in the September 28 edition of *Circulation*. The study also found that a sedentary lifestyle puts older people at risk of heart failure.

Researchers compared the heart health of 12 healthy but sedentary older adults. Another 14 young but sedentary people were used as control subjects. "We found that the older, sedentary individuals' hearts were 50 percent stiffer" than those of the athletic older adults, said study authors.

The researchers concluded that sticking with an endurance-training program could help play a great role in reversing damage done to the heart.

Tuesday, May 10 at the Fleet Gym: (Clockwise from top left) A Harpers Ferry's player attempts a layup over Gator defenders, The guard runs into traffic as he drives the lane, A Harpers Ferry player slams one home, the Harpers Ferry defense intensifies, and the scoreboard tells the story of a game that went down to the wire. (Official U.S. Navy Photos by JOSN Jeff Johnstone)



Upcoming Sports

Armed Forces Day 5k
Saturday, May 21, 8:30 a.m.
Nimitz Park
Body Composition Challenge
May 2nd – June 30, Fleet Fitness Center
Sign up anytime during the program
Most improvement of Body Composition (loss of percent body fat, relative to body weight).
Awards will be presented on July 1 for the top three men and top three women.

Fitness Intro Circuit Training
May 3rd – June 30, every Tuesday and Thursday from 11:30 a.m. -12:30 p.m. at the Fleet Fitness Center.
No registration required, just show up to participate! Beginners and novices welcome and encouraged. Learn about the equipment and proper lifting movements. Training will be conducted either 1-on-1 or in a group setting depending on number of participants.

Captain's Cup Pickle Ball Tournament:
Start Time 1 p.m.,
Sunday, May 15
Fleet Fitness Center
Entries due May 11 for single- or double-elimination play.

Spring Sports Scoreboard

Spring Basketball

Rank		Wins	Losses
1	Young Guns	10	0
2	Showtime	6	1
3	BLF	4	2
4	Tru Stories	3	2
5	Outlaws	3	3
6	Gators	3	5
7	Essex	2	4
8	Dragons	1	2
9	Harpers Ferry	1	3
10	Warriors	1	8
11	AFN	0	3
12	Ballers	0	1

Spring Softball

Rank	Team	Win	Losses
1	Total Force	14	0
2	Fire Dreams	9	1
3	Fort McHenry	10	5
4	Dragons	8	4
5	Guardian	4	2
6	Crush	6	5
7	Kamikaze	5	4
8	Bone Crushers	8	7
9	Patriot	5	5
10	Harpers Ferry	4	6
11	Young Gunz	2	8
12	Security	3	10